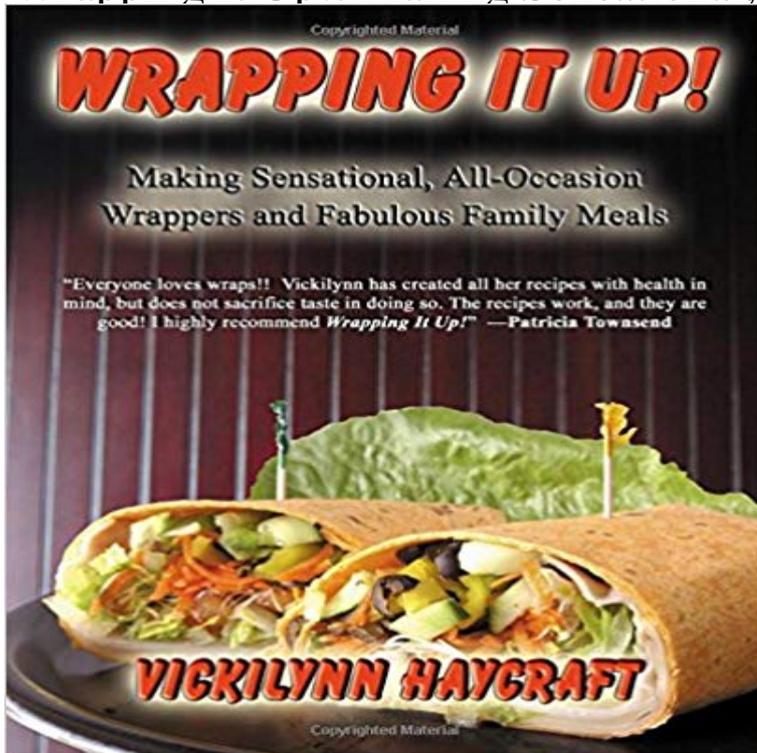


Wrapping It Up!: Making Sensational, All Occasion Wraps



Not only can you make your own healthful tortillas at home with simple instructions and delicious recipes, but Wrapping It Up! has delivered creative uses for great-tasting fillings and family meals. Come and enjoy the world of wraps with Vickilynn Haycraft and Wrapping It Up!

Wrapping It Up! the newest project by cookbook author, product reviewer and magazine columnist Vickilynn Haycraft explores making tortillas, wraps and more AT HOME! Vickilynn's creative kitchen-tested wrap recipes range from good old family favorites to the newest tastes, including wheat-free, gluten-free and fat-free. Vickilynn's wraps have been described as tortillas with attitude! Some of Wrapping It Up!'s delicious easy-to-prepare offerings include tantalizing recipes such as Almond Chocolate Wraps and Sweet Cinnamon Wraps with Apple Pie Filling.

NUTRITIOUS AS WELL AS DELICIOUS! I have tried many, many recipes from this book and every one has become a family keeper. This book takes you from the basics of choosing quality ingredients and making dough to cooking, filling and using the many unique and flavorful wraps in recipes. Wrapping It Up! contains recipes for an assortment of traditional tortilla type wraps, wraps for those with special dietary needs (i.e. gluten- or wheat-free) and traditional whole grain wraps. Vickilynn (who is well-known for her knowledge of whole-foods cooking and healthful living) goes on to share dozens of unique and original recipes, all using all whole grains and exciting wholesome ingredients like beans, vegetables, fruits and spices. You will find recipes for deliciously versatile Sweet Potato Wraps, wonderfully spicy Southwestern Black Bean Wraps and even some decadent dessert wraps. These healthy, whole-grain wraps have become a staple in our busy household! Nita Halstead

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